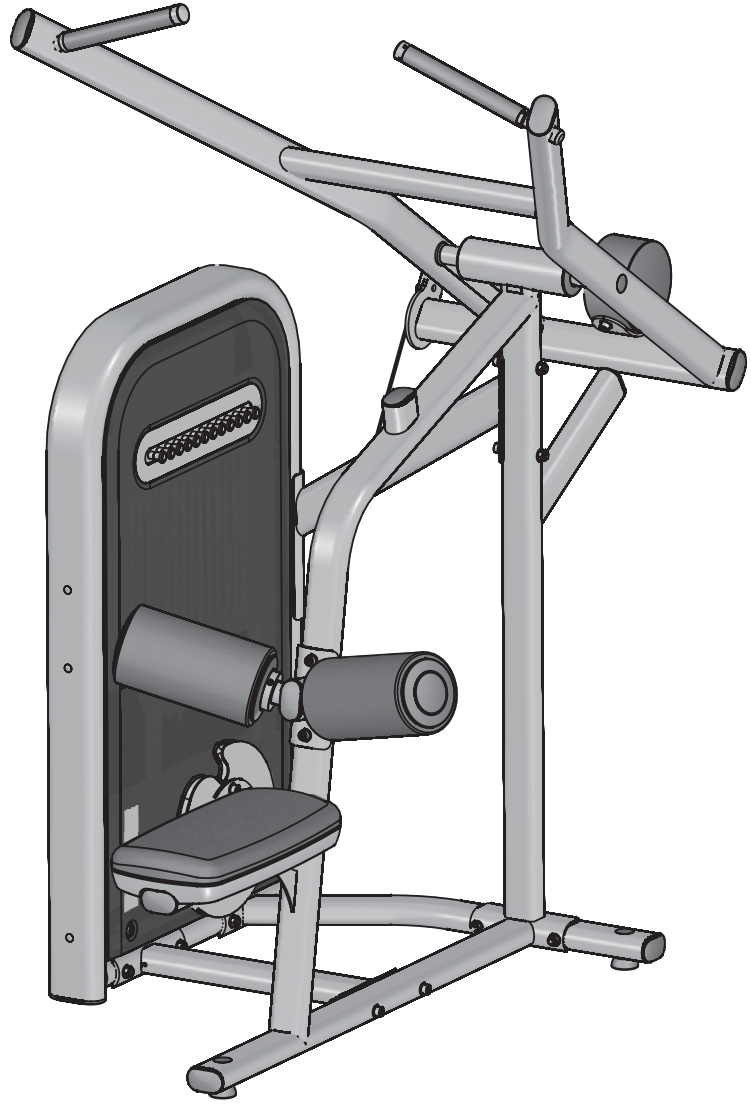
Lat Pulldown

Assembly Instructions



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Assembly Instructions

Item	Qty	Description	Part Number
1	1	Front Brace	79818XX
2	1	Rear Brace	80120XX
3	1	Tower	79854XX
4	4	M10 x 130mm Bolt	3251720
5	44	3/8" Flat Washer	3102514
6	15	M10 Nylock Nut	3242002
7	1	Seat Frame	80118XX
8	6	M10 x 90mm Bolt	3251715
9	1	Top Brace	79820XX
10	2	M10 x 70mm Bolt	3251711
11	1	Roller Pad Bracket	80119XX
12	6	M10 x 35mm Bolt	3251704
13	1	Pivot Shaft	7316507
14	1	Long Spacer	7330005
15	2	Bearing	3235601
16	2	Short Spacer	7330009
17	2	Bearing Cap	7922701
18	1	Workarm	80117XX
19	5	M10 x 25mm Bolt	3251702
20	1	Output Cam	7998501
21	1	Output Plate	7998495
22	1	Output Ring	7998895
23	6	M10 x 45mm Bolt	3251706

Item	Qty	Description	Part Number
24	1	Rear Shroud	8024806
25	1	Front Shroud	8024706
26	4	M10 x 20mm Bolt	3251701
27	3	Plate	7322301
28	1	Cam Guard	8013201
29	2	M5 x 10mm Phillips Screw	3239101
30	2	Shaft Collar	7357901
31	2	Roller Pad	74247XX
32	2	Roller Pad Cap	7308701
33	1	Seat Pad	74689XX
34	1	Counterweight	7802001
35	1	M10 Hex Jam Nut	3236901
36	1	Cable	7984201
37	1	Rod End Bearing	3237901
38	1	M10 x 40mm Bolt	3251705
39	1	Spacer	7489402
40	1	Cable Retaining Plate	8001801
41	1	Output Cam Cover Plate	7998995
42	2	M8 Hex Jam Nut	3247502
43	2	Leveling Shim	7893101
44	3	7/16" Hole Plug	3237401
45	8	1" Hole Plug	3237403
46	1	Multi-language Label	8047101

Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension
- Phillips Screwdriver

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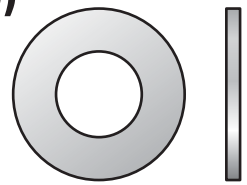

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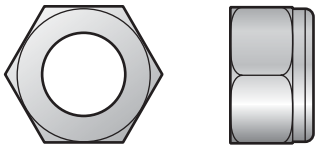

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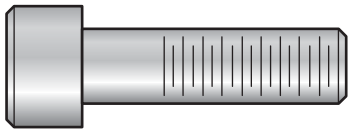

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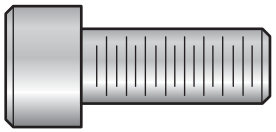

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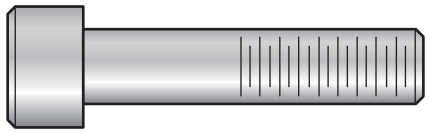

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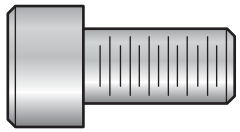

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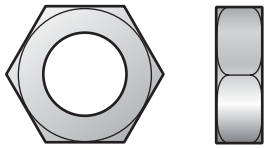

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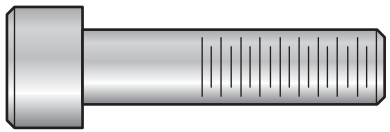

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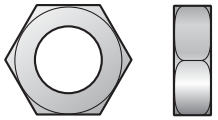

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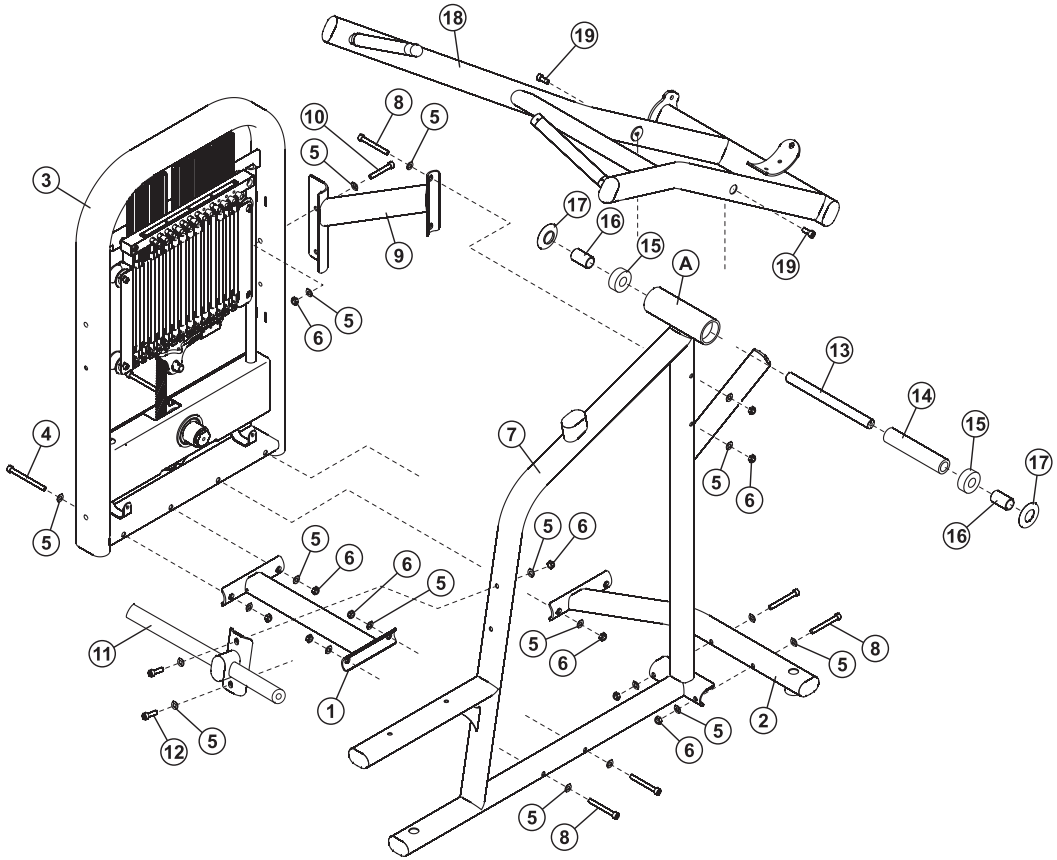
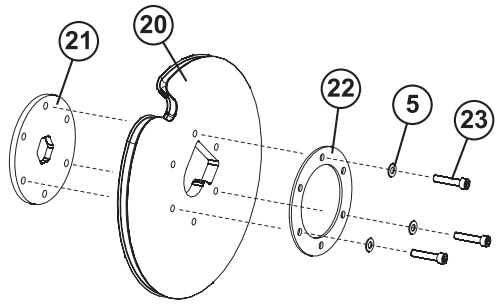
Assembly Instructions

1. LOOSELY assemble the FRONT BRACE (1) and REAR BRACE (2) to the TOWER (3) using four M10 X 130mm BOLTS (4), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.
2. LOOSELY assemble the SEAT FRAME (7) to the FRONT BRACE (1) and REAR BRACE (2) using four M10 X 90mm BOLTS (8), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.
3. LOOSELY assemble the TOP BRACE (9) to the SEAT FRAME (7) and TOWER (3) using two M10 X 90mm BOLTS (8), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the SEAT FRAME and two M10 X 70mm BOLTS (10), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) at the TOWER as shown.
4. LOOSELY assemble the ROLLER PAD BRACKET (11) to the SEAT FRAME (7) using two M10 X 35mm BOLTS (12), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) as shown.
5. Tighten all BOLTS and NUTS securely.
6. Install the PIVOT SHAFT (13), LONG SPACER (14), two BEARINGS (15), two SHORT SPACERS (16) and two BEARING CAPS (17) into the PIVOT HOUSING (A) of the SEAT FRAME (3).
7. Assemble the WORKARM (18) to the PIVOT HOUSING (A) using two M10 X 25mm BOLTS (19) as shown. Tighten the BOLTS securely.



8. Assemble the OUTPUT CAM (20), OUTPUT PLATE (21), and OUTPUT RING (22) using three M10 X 45mm BOLTS (23) and three 3/8" SAE WASHERS (5) as shown. Tighten the BOLTS securely.

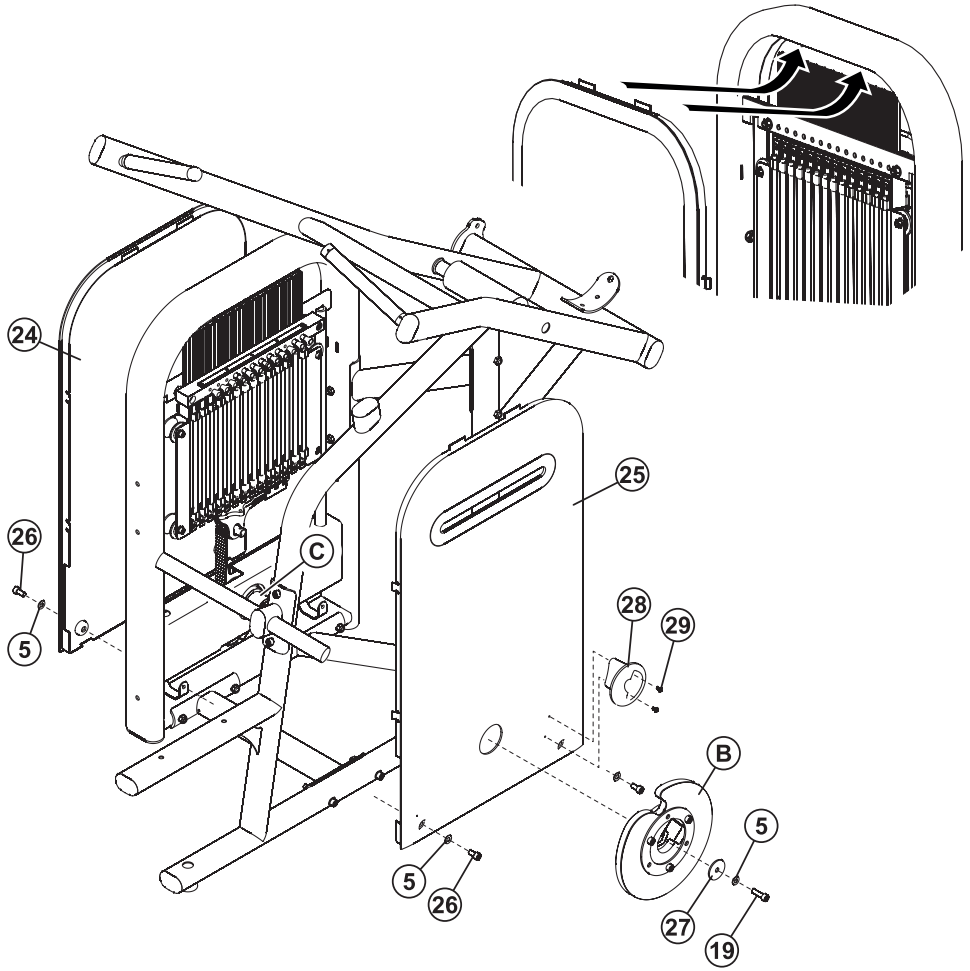


9. Assemble the REAR SHROUD (24) and FRONT SHROUD (25) to the TOWER (3) using four M10 X 20mm BOLTS (26), four 3/8" SAE WASHERS (5) as shown. Be sure all tabs along the sides and top of the SHROUDS are fully engaged in the slots located inside the TOWER. Tighten the BOLTS securely. Do not overtighten the BOLTS.

10. Secure the OUTPUT CAM ASSEMBLY (B) to the TOWER HUB (C) using one M10 X 25mm BOLTS (19), one 3/8" SAE WASHERS (5) and one PLATE (27) as shown. Tighten the BOLT securely.

IMPORTANT: Be sure the OUTPUT CAM ASSEMBLY is oriented as shown before securing it to the TOWER HUB.

11. Attach the CAM GUARD (28) to the FRONT SHROUD (25) using two M5 X 10mm PHILLIPS SCREWS (29). Tighten the SCREWS securely. Do not overtighten the SCREWS.



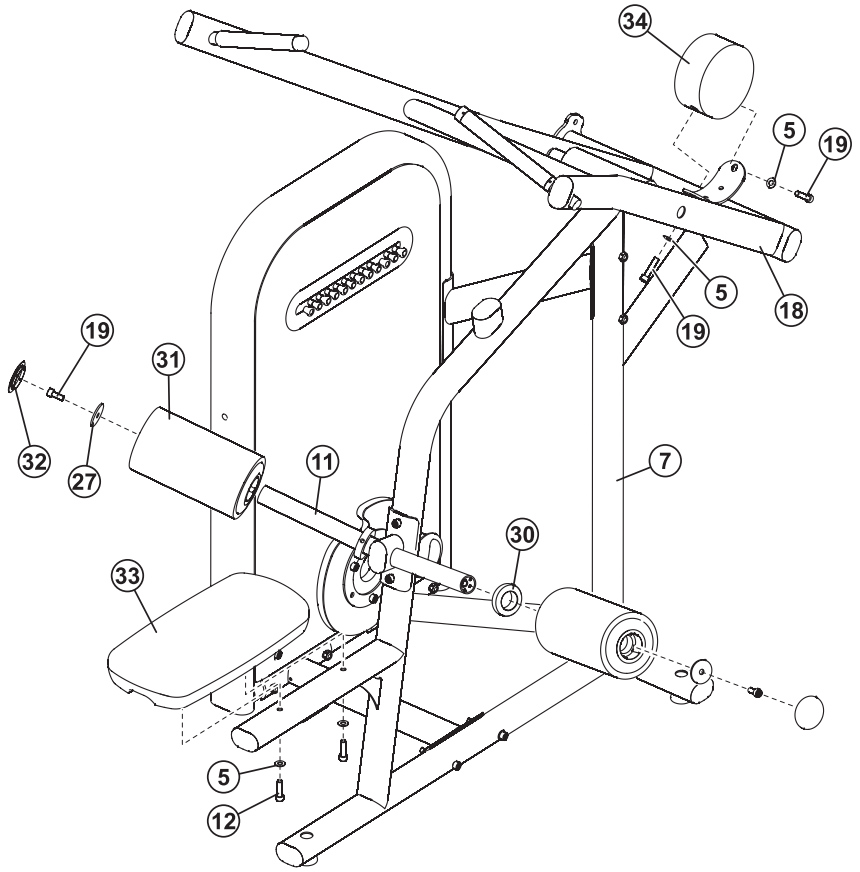
12. Slide one SHAFT COLLAR (30) over each shaft of the ROLLER PAD BRACKET (11).

13. Attach the ROLLER PADS (31) to the ROLLER PAD BRACKET (11) using two M10 X 35mm BOLTS (19) and two PLATES (27) as shown. Tighten the BOLT securely.

14. Slide the SHAFT COLLARS (30) to meet the ROLLER PADS (31) and secure the ROLLER PADS against the PLATES (27) by tightening the SHAFT COLLAR set screws. Install the two ROLLER PAD CAPS (32).

15. Attach the SEAT PAD (33) to the SEAT FRAME (7) using two M10 X 35mm BOLTS (12) and two 3/8" SAE WASHERS (5) as shown. Tighten the BOLTS securely.

16. Install the COUNTERWEIGHT (34) to the WORKARM (18) using two M10 X 25mm BOLTS (19) and two 3/8" SAE WASHERS (5) as shown. Tighten the BOLT securely.



NOTE: Some components have been removed from the illustration for clarity.

17. Assemble one M10 HEX JAM NUT (35) onto one end of the CABLE (36) approximately 1/2". Assemble the ROD END BEARING (37) to the same end of the CABLE until it meets the M10 HEX JAM NUT. Tighten the M10 HEX JAM NUT securely.

18. Loosely assemble the ROD END BEARING (37) of the CABLE (36) to the WORKARM (18) using one M10 X 40mm BOLT (38), SPACER (39), 3/8" SAE WASHER (5) and M10 NYLOCK NUT (6) .

19. Route the CABLE (36) over the CAM GUARD (28) and around the OUTPUT CAM ASSEMBLY (B). Insert the remaining end of the CABLE through the inner hole of the OUTPUT CAM ASSEMBLY.

Insert the CABLE RETAINING PLATE (40) over the end of the CABLE. Install two M8 HEX JAM NUTS (42) to the end of the CABLE.

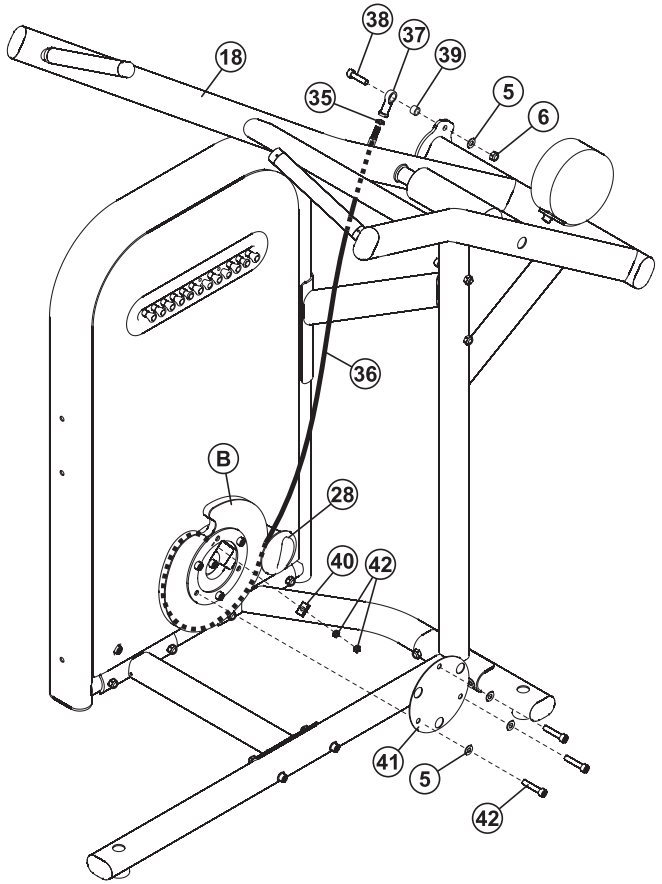
Tighten the M8 HEX JAM NUTS until the WORK ARM begins to move and all push pins still move in and out freely. Be sure the HEX JAM NUTS are tight against each other.

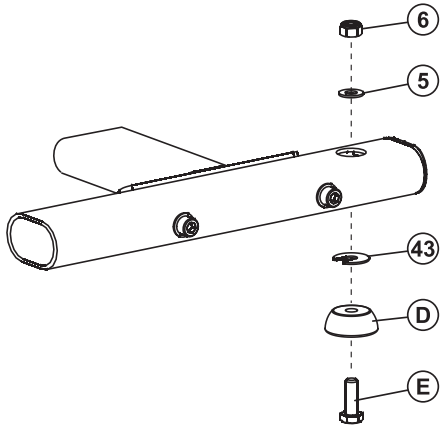
20. Attach the OUTPUT CAM COVER PLATE (41) to the OUTPUT CAM ASSEMBLY (B) using three M10 X 45mm BOLTS (42) and three 3/8" SAE WASHERS (5).

21. Place the unit in the inteded place for use and check stability. If the unit is not stable, the FEET (D) can be adjusted by inserting or removing supplied SHIMS (43).

To add or remove SHIMS, loosen the LEVELING FOOT BOLT (E) and NUT (6) until the desired SHIM(S) can be inserted or removed. Lightly tighten the BOLT and NUT. Do not over-tighten the BOLT and NUT.

22. Install HOLE PLUGS in all open bolt holes.





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